



# DECEMBER 2016



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>Breastfeeding classes can also be scheduled at the Laurel clinic. Call (410) 313-0630 for monthly schedule</p> <p><b>To Contact a Breastfeeding Counselor near you:</b>            Columbia: (410) 313-7206            Savage/Laurel: (410) 313-0630  <b>Howard County WIC Program:</b> (410) 313-7510</p>		<p><b>Services: Howard County</b></p> <ul style="list-style-type: none"> <li>Peer Counselor support</li> <li>Group BF Classes</li> <li>Individual BF Classes</li> <li>Electric pump demo</li> <li>Loaner Electric Pumps for moms returning to school/work</li> <li>Returning to work/school BF classes</li> </ul>		<p><b>1</b>            Breastfeeding Support Group @ 10:00 am            Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm</p>	<p><b>2</b></p>	<p><b>3</b></p>
<b>4</b>	<b>5</b>	<b>6</b>	<p><b>7</b>            Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am            Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm</p>	<p><b>8</b>            Breastfeeding Support Group @ 10:00 am            Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm</p>	<b>9</b>	<b>10</b>
<b>11</b>	<p><b>12</b>            Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am</p>	<b>13</b>	<p><b>14</b>            Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am            Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm</p>	<p><b>15</b>            Breastfeeding Support Group @ 10:00 am            Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm</p>	<b>16</b>	<b>17</b>
<b>18</b>	<p><b>19</b>            Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am</p>	<b>20</b>	<p><b>21</b>            Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am            Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm</p>	<p><b>22</b>            Breastfeeding Support Group @ 10:00 am            Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm</p>	<b>23</b>	<b>24</b>
<b>25</b>	<p><b>26</b>  <b>Holiday</b></p>	<b>27</b>	<b>28</b>	<b>29</b>	<b>30</b>	<b>31</b>



# JANUARY 2017

**Maryland WIC**  
Better Nutrition Brighter Future

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Services: Howard County</b> <ul style="list-style-type: none"> <li>Peer Counselor support</li> <li>Group BF Classes</li> <li>Individual BF Classes</li> <li>Electric pump demo</li> <li>Loaner Electric Pumps for moms returning to school/work</li> <li>Returning to work/school BF classes</li> </ul>		Breastfeeding classes can also be scheduled at the Laurel clinic. Call (410) 313-0630 for monthly schedule	<b>To Contact a Breastfeeding Counselor near you:</b> Columbia: (410) 313-7206 Savage/Laurel: (410) 313-0630 <b>Howard County WIC Program:</b> (410) 313-7510			
1	2 <b>Holiday</b>	3	4 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	5 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	6	7
8	9	10	11 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	12 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	13	14
15	16 <b>Martin Luther King Holiday</b>	17	18 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	19 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	20	21
22/29	23 and 30 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	24/31	25 Breastfeeding Class: "The Benefits of Breastfeeding" English @ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	26 Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	27	28



# FEBRUARY 2017



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Services: Howard County</b> <ul style="list-style-type: none"> <li>Peer Counselor support</li> <li>Group BF Classes</li> <li>Individual BF Classes</li> <li>Electric pump demo</li> <li>Loaner Electric Pumps for moms returning to school/work</li> <li>Returning to work/school BF classes</li> </ul>			<b>To Contact a Breastfeeding Counselor near you:</b> Columbia: (410) 313-7206 Savage/Laurel: (410) 313-0630	<b>Breastfeeding classes can also be scheduled at the Laurel clinic. Call (410) 313-0630 for monthly schedule</b>	<b>Howard County WIC Program: (410) 313-7510</b>	
			<b>1</b> Breastfeeding Class: "The Benefits of Breastfeeding" English@ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	<b>2</b> Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	<b>3</b>	<b>4</b>
<b>5</b>	<b>6</b> Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	<b>7</b>	<b>8</b> Breastfeeding Class: "The Benefits of Breastfeeding" English@ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	<b>9</b>	<b>10</b>	<b>11</b>
<b>12</b>	<b>13</b> Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	<b>14</b>	<b>15</b> Breastfeeding Class: "The Benefits of Breastfeeding" English@ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	<b>16</b> Breastfeeding Support Group @ 10:00 am Breastfeeding Class: English "Getting Started" at the Columbia Clinic @ 2:00 pm	<b>17</b>	<b>18</b>
<b>19</b>	<b>20</b> <b>Presidents' Day Holiday</b>	<b>21</b>	<b>22</b> Breastfeeding Class: "The Benefits of Breastfeeding" English@ 9:30 am Breastfeeding Class: "The Benefits of Breastfeeding" (Part I) @ 2:30 pm	<b>23</b>	<b>24</b>	<b>25</b>

26	27 Breastfeeding Class: "Getting Started" (Part II) at the Columbia Clinic @ 10:00 am	28				
----	--	----	--	--	--	--